



FAST FACTS

A message for health care providers



Million Hearts Campaign™

The Initiative:

- Million Hearts™ is a national initiative to prevent 1 million heart attacks and strokes over five years. Million Hearts™ brings together communities, health systems, nonprofit organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke.

Stats:

- Cardiovascular disease (CVD) causes **1 in 3** (approximately **800,000**) deaths reported each year in the United States.
- Annual direct and overall costs resulting from CVD are estimated at **\$273 billion** and **\$444 billion**, respectively.
- Strategies that address leading CVD risk factors, such as hypertension, high cholesterol levels, and smoking, can **greatly reduce the burden of CVD**.

(Source for points above: http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6036a4.htm?s_cid=mm6036a4_w)

ABCS:

The campaign seeks to empower Americans to make healthy choices through the ABCS. The ABCS below are also a way to capture Stage 1 & 2 Meaningful Use data in a truly meaningful way - using healthcare prevention as both a springboard and outcomes-based strategy.

- **A**spirin for people at risk
- **B**lood pressure control
- **C**holesterol management
- **S**moking cessation

Resources:

- Million Hearts™ provides a number of resources for your practice to pick up the program and run with it. Videos, journal articles, tool kits and access to partners who can share best practices can be found at <http://millionhearts.hhs.gov/resources.html>.
- American College of Physicians MHC materials:
http://www.acponline.org/about_acp/collaborations/million_hearts/